
Practical Considerations in the treatment of OSA in US based CMV Operators.



Bob Stanton
Truckers for a Cause
truckerdad57@sbcglobal.net
Dedicated Sleep
BStanton@dedicatedsleep.net

Why Trucking is pushing back about OSA.

- Drivers are scared they will lose their jobs.
 - In Burks et al. How many drivers were fired?
 - No Compliance 86 discharge but 207 quit.
 - Air Traffic controllers prior to 2010.
-

What trucking has accomplished by pushing back.

- Public Law 113-45

The Secretary of Transportation may implement or enforce a requirement providing for the screening, testing, or treatment (including consideration of all possible treatment alternatives) of individuals operating commercial motor vehicles for sleep disorders

only if the requirement is adopted pursuant to a rulemaking proceeding.

Where do you plug in a CPAP in a non-apu equipped truck in a no idle state like California?



Where do you plug in a CPAP in a non-apu equipped truck in a no idle state like California?

- CPAP induced hypothermia below 45 deg F.
 - Heated humidification
 - Americans with Disabilities Act compliance.
-

Who Pays for testing and treatment?

- ATRI White Paper May, 2016

Median out of pocket costs \$ 1,220 **just for a sleep study.**

1.5 weeks weekly median income for a truck driver.

Can you write a check for 1.5 weeks gross pay right now?

Just because a medical examiner says you need a sleep study.... Does not mean your health insurance will pay for it.

- Definition of “medical necessity” for health insurance coverage.
 - OSA screening criteria must meet health insurance “medical necessity”.
-

Non-adherence to CPAP – need for alternative treatments.

- Oral Appliances with compliance chip technology.



Current “no rule – rule” versus the plaintiff’s bar.

Creates a totally unworkable situation for motor carriers. (Miami OK 2009 \$ 66 million)



What to do?

Research

- ❑ AHI versus Accident Risk
- ❑ Accuracy and sensitivity of screening

■ Regulation

■ Education

Questions?

Bob Stanton

Truckers for a Cause

truckerdad57@sbcglobal.net

Dedicated Sleep

BStanton@dedicatedsleep.net



DEDICATED SLEEP™
SLEEP WELL LIVE WELL
